

WOMEN'S SELF-DEFENSE INSTRUCTION

Hosted by San Rafael Neighborhoods Association and the
Pasadena Police Department

Saturday, April 29th
8:30-12:45

Maranantha High School - Student Center
169 So. St. John Avenue
Pasadena, CA 91105

(Park in adjacent lot or parking structure)

The program is designed to give women and teen-age girls a sampling of options for building skills and confidence when self-defense is necessary.

The Pasadena Police Department, Rosemead's UFC Gym and IMPACT Personal Safety will provide both lecture and demonstration instruction.

Registration and a light continental breakfast will begin at 8:30 am. The Pasadena Police Department will begin the program at 9:00 am. The UFC Gym and IMPACT Personal Safety will demonstrate defensive tactics techniques. The final hour will allow for conversation and offer enrollment in a variety of classes.

There is no charge for the event.

Attendees are encouraged to further explore self-defense instructional opportunities.

All photography will be at the discretion of the Pasadena Police Department